



How can we co-create research that communities both shape and share?

Key objective:

To explore co-designing methods and produce a set of guiding principles for the future development of equitable knowledge creation.

Key Findings

Emergent Core Theme

Research must shift from extractive practice to shared ownership, where communities have agency in design, implementation, interpretation, & dissemination.

Summary

The session revealed a clear consensus that current research practices often feel extractive, transactional, and disconnected from community benefit. Participants identified three core areas requiring change: recruitment, participation, and dissemination.

1. Recruitment Requires Trust, Not Outreach Alone.

Communities are more likely to engage when relationships already exist, information is transparent, and the purpose of the research is clearly explained. Language barriers, past negative experiences, and impersonal approaches were seen as major blockers.

2. Participation Must Offer Meaningful Value.

Participants expressed that involvement often feels one-sided, with little benefit returned to the community. Value was defined not just through payment, but through agency, respect, co-decision-making, and accessible processes that reflect lived realities rather than academic expectations.

3. Impact Must Be Shared, Accessible, and Community-Owned.

Traditional dissemination methods (reports, papers, presentations) were described as inaccessible and insufficient. Participants want findings shared in formats communities choose, understand, and can use — such as visual storytelling, local events, translations, and participant-led presentations.

Across all contributions, a shared principle emerged: Research should leave something behind.

Participants highlighted the need for ongoing communication, mutual accountability, and outputs that lead to tangible improvements, capacity building, or systems change rather than knowledge extraction alone. **Contact:** raquel.c.januario@sedulous.org.uk - valerie.chung@sedulous.org.uk



Key Barriers

1. Recruitment Barriers (Trust)

- Communities distrust researchers due to past extractive or tokenistic engagement.
- Outsider researchers lack credibility without pre-existing relationships.
- Limited time and capacity to build authentic rapport.
- Language barriers and inaccessible communication.

2. Participation Barriers (Value)

- Participants often feel the research does not benefit them.
 - Lack of agency in shaping the research question, process, and outputs.
 - Competing pressures (time, life demands, burnout from repeated involvement).
- University-led intellectual property ownership is blocking meaningful community benefit.

3. Impact Barriers (Dissemination and Ownership)

- Academic or text-heavy dissemination excludes many communities.
- Outputs rarely return to communities in accessible or meaningful formats.
- Dissemination timelines (months/years later) erode trust and perceived relevance.
- One-directional communication (researcher → community) persists.

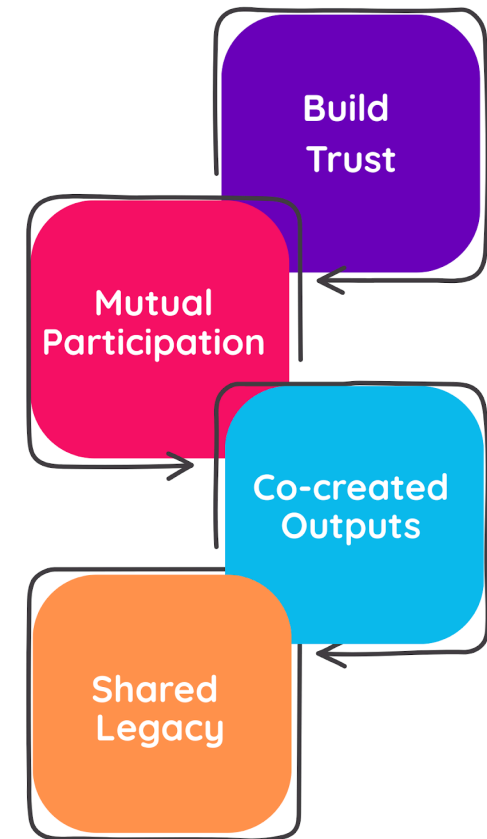
Emergent Principles

Principle 1: Build Trust Through Presence and Transparency (positionality)

Principle 2: Participation Must Be Mutual, Not Transactional

Principle 3: Create and Share Outputs That Belong to Participants

Principle 4: Research Should Leave a Legacy





Valerie Chung + 13 • November 17, 2025



Draft a collective agreement on the ethical mandate that will drive non-extractive research and prioritise equity of voice, analysis and dissemination.

If the main problem is that researchers often take knowledge rather than create it with people, what is the single, non-negotiable rule we must put in place for our research methodology to ensure the community is always an equal partner?



██████s

Oct 29, 2025

Trust

♥ 1

🗨 0



Dependable Stork

Oct 29, 2025

make participants aware of each step of the research

♥ 3

🗨 1



██████

Oct 29, 2025

100%



Confident Kangaroo

Oct 29, 2025

Always start with a development meeting with the community to shape the research

♥ 2

🗨 2



██████████████████ly

Oct 29, 2025

Agreed



Courteous Ferret

Oct 29, 2025

I also agree - ask them first what they want / will most benefit from



██████

Oct 29, 2025

Openness

♥ 0

🗨 0



Supportive Zebra

Oct 29, 2025

"nothing about us, without us"

♥ 3

🗨 0



██████

Oct 29, 2025

Positionality

♥ 1

🗨 5



Valerie Chung

Oct 29, 2025

Can you say a bit more about this please?



██████

Oct 29, 2025

I work on research where participants often want to know my 'position' on the topic. I think they have a right to know that and I have a right my position while guaranteeing research integrity/robustness and ability for that position to change based on evidence.



██████

Oct 29, 2025

Extremely important. As no research is neutral.



██████

Oct 29, 2025

This is the project I mentioned <https://enact15mc.org/oxford/>



Valerie Chung

Oct 29, 2025

Thank you!



██████

Oct 29, 2025

Making the purpose of the research very clear. Not hiding the actual intent.

♥ 3

🗨 0



██████

Oct 29, 2025

co-design and feeding back research at all stages.

♥ 3

🗨 0



██████

Oct 29, 2025

(FREE) Access to co-produced findings in an agreeable format

♥ 1

🗨 1



Courteous Ferret

Oct 29, 2025

Format is key - and likely different to what an academic journal wants / expects



██████

Oct 29, 2025

Building research in familiar safe spaces:
-Relationship and trust-building, using same researchers.
-Go to places/spaces that are familiar to participants - to change power balance - allow participants to show and tell

♥ 1

🗨 2



██████

Oct 29, 2025

In my experience letting participants choose the space is monumental in putting them at ease and getting extremely rich data.



Courteous Ferret

Oct 29, 2025

Yes, safe spaces important although also risks of feeling like intruding...?



Courteous Ferret

Oct 29, 2025

Community involved must be actively present from the very beginning - which can be hard when there are often expectations of filling in paperwork / proposing intentions long before able to 'get on the ground'

♥ 3

🗨 1



██████

Oct 29, 2025

Indeed it can be hard. But I feel like that is what's different between extractive and non-extractive research. Positivist and extractive research has a tendency to believe that information is just out there and they can just take it.



██████

Oct 29, 2025

Have a hypothesis but be truly prepared for that to be wrong. True investigation and interest not a performance of one.

♥ 1

🗨 0



Supportive Zebra

Oct 29, 2025

mutual acknowledgement and valuing of researcher and community members' experiences

♥ 2

🗨 0



██████

Oct 29, 2025

As a visual ethnographer with markets one way can be to have an open conversation about the purpose of the research with the community.

♥ 1

🗨 0



██████

Oct 29, 2025

Voluntary participation

♥ 3

🗨 0



Courteous Ferret

Oct 29, 2025

Access to appropriate training / guidance on how they can make the experience beneficial to them if they choose to

♥ 1

🗨 0



Courteous Ferret

Oct 29, 2025

Constant anonymous feedback opportunities

♥ 1

🗨 1



██████

Oct 29, 2025

I love that.



██████

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Transparency

♥ 1

🗨 0



Cheerful Kangaroo

Oct 29, 2025

Listen keenly

♥ 1

🗨 0



Humble Badger

Oct 29, 2025

Full transparency and the community involvement during the whole process, from research design to implementation.

♥ 2

🗨 0



██████

Oct 29, 2025

Also making the research beneficial for the community too - for example, provide training and development workshops when necessary so they can understand the process of the research rather than being involved without all the necessary information. By doing this, communities should have more agency within the research process.

♥ 2

🗨 0



██████

Oct 29, 2025

Transparency

♥ 1

🗨 0



██████

Oct 29, 2025

always include the people and communities you are researching in the research and, if you're not part of the community, provide them with funds and the space to make decisions.

♥ 2

🗨 0



██████

Oct 29, 2025

[Challenge] Co-design of study approach/methods

♥ 0

🗨 0



Cheerful Kangaroo

Oct 29, 2025

Treat community inputs with respect, equal to academic inputs

♥ 2

🗨 0



HOW CAN WE co-create research that communities both shape and share? Prioritising the key barriers to non-extractive research identified by community co-researchers as our starting point, develop key solution principles for areas 1-3 below: (1) Recruitment based on trust / 2) Participation based on value / 3) Impact based on co-dissemination)

Add your responses to the relevant discussion prompt(s) below.

Describe a critical barrier you have faced / might face when trying to implement truly non-extractive methods

Pinned
Valerie Chung
Oct 28, 2025

Need & Trust
For the research to be successful, it is essential to build trust and rapport with the community. This is especially true for research that aims to address social justice issues, where there may be a history of mistrust and exploitation.

Value & Voice
The research should be designed to be meaningful and relevant to the community, and to provide a platform for their voices to be heard. This involves co-designing the research with the community, and ensuring that they have a say in the research process.

Co-dissemination
The research findings should be shared in a way that is accessible and understandable to the community, and that also allows them to share their own knowledge and experiences. This can be done through a variety of methods, including community meetings, workshops, and social media.

Sep 25 NCRM Lighting talk - Recruitment, Participation & Impact

2

Secretive Raven
Oct 29, 2025

Evaluating impact of co-design:
Need to 'value' the impact of my research activities and difficulty in understanding how to do this in a way which includes all types of impacts on peoples lives whilst providing numerical values (e.g. to quantify the impact for funding bodies)

1

Charming Otter
Oct 29, 2025

Faith from potential participants that it can actually prompt change

2

Secretive Raven
Oct 29, 2025

When trust needs to be built with human touch and not bureaucracy

1

Anonymous Finch
Oct 29, 2025

Language, as am likely to approach participants from whom English is not the first language

2

Urjani Chakravarty
Oct 29, 2025

Yes, the ability to speak the language can be a great help.

1

Secretive Raven
Oct 29, 2025

Convincing the ethics board about participants' safety.

1

Valerie Chung
Oct 29, 2025

Participants poor previous experience in engaging in other research.

2

Secretive Raven
Oct 29, 2025

Research fatigue?
I was going to say the same thing, sometimes not having knowledge of the research process or having bad experiences creates barriers

2

Secretive Raven
Oct 29, 2025

Challenges of raising hopes but with little potential to realise ambition/outcomes.

2

Secretive Raven
Oct 29, 2025

Time (both my own and the participants)
Frequent / regular communication (didn't factor in the time and energy this uses)

3

Secretive Raven
Oct 29, 2025

Standing of insight. In terms of quant. and statistics seem to be seen as gold standard and more reliable even though not necessarily true

2

Secretive Raven
Oct 29, 2025

Paradox of writing a research proposal where you are not able to specify details of the research as it needs to be co-designed with participants!

3

Confident Kangaroo
Oct 29, 2025

Yes! Very difficult when applying for ethics too

1

Secretive Raven
Oct 29, 2025

Bring people in one place at one time.

1

Groovy Dory
Oct 29, 2025

Recruitment, it can be very difficult to find people from marginalised communities to interview, especially if they have low trust or are suspicious of researchers

2

Confident Kangaroo
Oct 29, 2025

The need to prove immediate 'Impact' and the prioritisation of statistical forms of impact

3

Secretive Raven
Oct 29, 2025

Time constraints to do the research.

2

Charming Otter
Oct 29, 2025

Money / funding and control over how what little received is spent

2

(1) Recruitment based on trust. Ideate below to collate a 2 minute pitch of your best solutions.

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Valerie Chung
Oct 29, 2025

How can we build trust and overcome barriers in recruiting marginalised communities?

1

Valerie Chung
Oct 29, 2025

Easier to recruit as insider than outsider. Whether it is you or with a partner. But building true community and trust takes time. Even if don't have time to fully co-design and co-produce, need to build in time for playing outputs back. Being transparent.

1

Secretive Raven
Oct 29, 2025

Participants having the biggest say, if possible, with what happens with the final product of the research.

1

Bubbly Goldfish
Oct 29, 2025

Translating research if necessary, making sure outputs are accessible to the participants

1

Secretive Raven
Oct 29, 2025

Making it accessible beyond language as well.

1

Secretive Raven
Oct 29, 2025

Maximising the societal Impact

1

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Oct 29, 2025

Participants have a way to contact the researcher to ask questions and keep updated

1

Secretive Raven
Oct 29, 2025

Transparency on inclusion and exclusion criteria

1

Confident Kangaroo
Oct 29, 2025

Participants are contacted with the outcomes of the research

1

Bubbly Goldfish
Oct 29, 2025

Showing you care about their viewpoint, participation. Maybe working with local community groups for instance

1

Confident Kangaroo
Oct 29, 2025

The feeling of being seen and heard

1

Secretive Raven
Oct 29, 2025

Participants' ideas and solutions are represented through a mutually agreed medium.

1

(2) Participation based on value. Ideate below to collate a 2 minute pitch of your best solutions.

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Valerie Chung
Oct 29, 2025

How can we collate and share research in creative ways that go beyond academic papers? Consider ideas that refine what it means for participants to feel valued, respected, and invested throughout the research journey.

1

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Oct 29, 2025

#2 Respecting all opinions and perspectives (even though they are ill-informed/not based on fact) [Researcher frame of mind: how did we come to know what we think we know?]

1

Secretive Raven
Oct 29, 2025

This is the project I spoke about <https://enacttime.org/enact/>

1

Secretive Raven
Oct 29, 2025

Ownership is key so tangible results and outcomes should reflect the community of origin in an authentic way

1

Secretive Raven
Oct 29, 2025

Policy level change is generally the final outcome for impact. However, it takes time to be processed.

1

Valerie Chung
Oct 29, 2025

Agreed Impact - Impact assessment should precede dissemination as part of the original co-design

1

Charming Otter
Oct 29, 2025

Location of dissemination needs to fit target audience

1

Charming Otter
Oct 29, 2025

Language - both at basic level of English versus another language but also language within that in terms of how formal, use of acronyms, etc. should reflect language of the group (which may not translate into typically academic formats)

1

Valerie Chung
Oct 29, 2025

accessible communication is a key requirement

1

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1

Charming Otter
Oct 29, 2025

Location of dissemination needs to fit target audience

1

(3) Impact based on co-dissemination. Ideate below to collate a 2 minute pitch of your best solutions.

Pinned
Valerie Chung
Oct 29, 2025

How can we ensure research outcomes remain community-owned and create lasting impact? (NB for the purposes of this exercise, assume that recruitment based on trust and participation based on value have already been fulfilled)

1

Secretive Raven
Oct 29, 2025

How are we valuing impact? Are there better ways to be valuing impact? Should we be asking communities how they have been impacted instead of deciding how much we've impacted them? How can we integrate social and emotional impacts into more 'quantifiable' impacts that funding bodies focus on.

1

Charming Otter
Oct 29, 2025

Yes definitely think it should be coming from those impacted, not us dictating what does or does not 'count'

1

Charming Otter
Oct 29, 2025

'Small' impact on individual just as important as 'big' impact e.g. on policy etc.

1

Valerie Chung
Oct 29, 2025

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Charming Otter
Oct 29, 2025

Location of dissemination needs to fit target audience

1

Plenary: vote below and share your thinking

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Valerie Chung
Oct 29, 2025

Which is the most challenging of the three solution principles for building a non-extractive research approach model?

☐ Recruitment based on Trust (RT)

☐ Participation based on Value (PV)

☐ Impact based on Co-dissemination (ICD)

14 votes

Secretive Raven
Oct 29, 2025

Big thank you, for an insightful and interesting session!

1

Valerie Chung
Oct 29, 2025

A MASSIVE Seducious Thank You to everyone for attending!

1

Secretive Raven
Oct 29, 2025

Dedicated and diligent session indeed!

1

Valerie Chung
Oct 29, 2025

Add any final comments or thought here

3

Adventurous Moth
Oct 29, 2025

Great session, thank you

1

Secretive Raven
Oct 29, 2025

This has been a great session for interactive self-reflection (and self-reproach). Thank you to the session organisers (and participants). I've really enjoyed it. Have a lovely evening all!

1

Secretive Raven
Oct 29, 2025

Thank you SO much for this amazing session. I learned a lot. Loved the idea of even co-producing the session with u.

1

Secretive Raven
Oct 29, 2025

Only complaint I have is that it wasn't longer hahah

1